



# 4-H Flash

A Newsletter for Washington County 4-H Participants

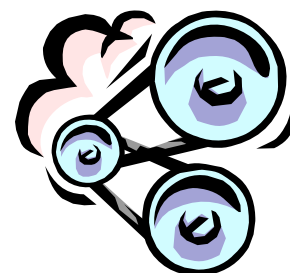
## Gears, Pulleys & Wheels 4-H Summer Camp

Session 1– Whitneyville– June 24-26  
Whitneyville Community Building

Session 2– Cherryfield– July 1-3  
Weald Bethel Chapel, Cherryfield

Session 3– Whiting– July 15-17  
Whiting Community Building

9:00 a.m.—1:00 p.m.



The University of Maine Cooperative Extension is offering a **summer day camp** for campers ages 6-9 in several locations in Washington County. This camp will have **games, activities** and lots of **good food** based on daily themes.

Campers will have the opportunity to explore the world of gears, pulleys and wheels using Legos. Experiential learning will include art, cooking and fun fitness activities. Each day campers will prepare and enjoy their own healthy snacks and meals. Please contact office at 255-3345 or toll free at 1-800-287-1542 for registration information.



### 4-H Calendar

- May 16-17 State Shooting Sports Training
- May 17-18 4-H EDGE Weekend 2007 UMaine campus
- May 30 Memorial Day—Extension Office Closed
- May 30-June 1 June Jamboree at Blue Hill Fairgrounds
- June 27-29 Maine 4-H Days
- June 29-July 3 Horse Camp
- July 5-12 CWF

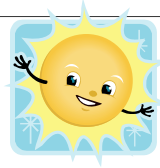
For a complete listing of what's happening in 4-H check out the 4-H Calendar Page at: <http://www.maine4h.umaine.edu/calendarpage.htm>.

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## Colleen's Corner

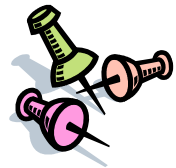


Calling All Alumni! If you are a former 4-H'er or if you know of someone who is a former Washington County 4-H'er then we want to hear from you. We are currently planning an event that you won't want to miss. We are gathering our 4-H alumnus and making them part of our county programming. Please contact our office if you know of someone who should be on our list.

Thinking ahead, now is a good time to start thinking about the exhibit hall at Perry Harvest Fair the first Saturday in October. I would also like to offer the dog show there again and if any of this years participants in Demonstrations would like to share their demo's again, please let me know so I can ask for the time. I would like to hear from clubs by phone or email by mid-June as to whether or not you plan to put an exhibit in the fair or would like to help with the dog show.



## Washington County Bulletin Board Items

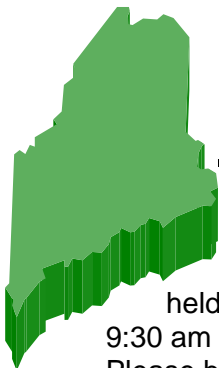


**4-H Horse Camp** - is scheduled for June 29 - July 3, 2008 at the Blue Hill Fairgrounds. The camp is open to eighteen 4-H members. Registration is open to only Hancock County members up to May 7th and after that date the registration will be open to other county members in hopes to have a full camp. Please contact the Extension office for registration information. Registration is on a first-come, first served basis.



**Newsletters by Email** - We tried to send the 4-H Flash out by email to help save on postage but found many were unhappy with that process so we went back to mailing hard copies out. It has come to our attention that there are some members who would prefer receiving the newsletters by email only (less paperwork in the mail). This is also a savings of postage for the University of Maine which in this time of budget crunch is always helpful. If you would like to receive your newsletters by email, please notify Tara at [twood@umext.maine.edu](mailto:twood@umext.maine.edu). Thank you for your help. Reminder - 4-H Flash is also posted on our website: <http://www.umext.maine.edu/Washington/washington4-H.htm>





# Maine State 4-H News

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## 1. Volt Training Corner

On the following Saturdays in 2008: July 12 and October 11 VOLT training will be held in Penobscot and Piscataquis Counties. Select one of those dates to attend from 9:30 am to 3:30 pm.

Please bring your lunch, completed application forms, and a \$5.00 fee for the notebook and materials. No one will be turned away for lack of money. Location will usually be in Bangor at the Penobscot County Cooperative Extension office, 307 Maine Ave, but we may hold one in Piscataquis County in Dover if we have enough requests. So, register ahead of time by calling 942-7396 and speaking with Stacy (Barb, or Theresa).

**2. Maine 4-H Days** Maine 4-H Days at Windsor Fairgrounds will be June 27, 28, and 29. It will be a weekend full of personal enrichment workshops as well as livestock events. The Craft Extravaganza will be full of different choices like silk batiks, kite making, Mexican tin work, and making cork fishing lures. There will also be woodworking, mask making and making a friendship bracelet. See the incredible demonstrations at the Physics Road Show again this year as well as a Fishing Derby which is new this year. Check out the Dog Camp as well as all the fun goat activities. There will be a horse show as well as lots of horse events. The Earth Connections track will show you about composting, tree identification and the water cycle. The Youth in Governance track will help you to take a community service idea and put it into action. Camping is encouraged and entire families are welcome. The registration brochure will be mailed out soon.

## 3. Teen Conference on Wheels

Save the date for Teen Conference on Wheels - July 14 to 17, 2008

This Youth in Governance Teen planned conference features leadership citizenship, and entrepreneurship themes.

**Program Schedule** - *Subject to change - see schedule at the Maine 4-H Teen Conference on Wheels Webpage for the latest information*

**Monday Noon** – Registration – Hitchcock Hall followed by campus activities and overnight in the dorms at University of Maine in Orono

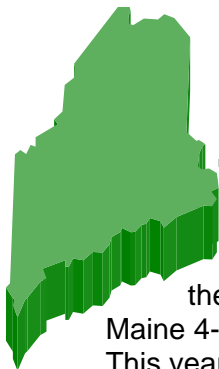
**Tuesday Morning** – Check out of dorms, load bus, breakfast to go, visit Maine State Aquarium at Boothbay Harbor with lunch, check into Darling Marine Center in Walpole, grab box dinner for Puffin Boat Tour, overnight in dorms at Darling Marine Center

**Wednesday Morning** – Check out of dorms, load bus, breakfast and lunch at Darling Marine Center with activities & center tours, bus to Skowhegan for Margaret Chase Smith Home/Library tour, followed by an outing at Lake George, after a cookout dinner, leave for University of Maine overnight in dorms.

**Thursday Morning** – Check out of dorms, breakfast and campus activities take us to closing activities and release at noon.

**Registration Deadline June 18, 2008.** Forms are available at Maine 4-H website – under “What’s New?” Contact Debra by phone at 474-9622 or by email at [dkantor@umext.maine.edu](mailto:dkantor@umext.maine.edu) or Barb by phone at 942-7396 or by email at [bbaker@umext.maine.edu](mailto:bbaker@umext.maine.edu).





# Maine State 4-H News

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## 4. Dog Camp at Maine 4-H Days

Dog Camp will begin on Friday June 27 and continue through the 28 and 29 at the Windsor Fairgrounds. Dog Camp is open to Maine 4-H participants of all ages and experience levels.

This year our breed group focus will be on the Toy Group and as always the major focus will be on having fun with our dogs. Planning is still in progress but we have some exciting events underway. This year there will be a presentation about behavior counseling through the use of Bach Flower remedies and we will be having a presentation from a Chihuahua Rescue. We will also have Showmanship and Obedience workshops for multiple experience levels. Back by popular demand this year are Agility workshops, a pizza party, and Quiz Bowl. Dog camp is always a fun and informative experience for everyone and we hope to see you there!



## 5. 2008 Northeast Regional Volunteer Forum

The 2008 Northeast Regional Volunteer Forum will be held at the Radisson Hotel in Manchester, New Hampshire from October 23-26, 2008. For more details, a promotional flyer is available on our website at: <http://xtension.unh.edu/4H/4HVol/08NEVF.htm> The full registration brochure will be available in May. Stay Tuned! We look forward to seeing you in the fall!

## 6. National Horse Team Tryouts Hippology, Horse Judging, Quiz Bowl, Communications

The National Horse Teams travel to the Eastern National Horse Roundup in Louisville, KY each year to compete. These are the four teams that participate and each team has four members.

**Hippology** Horse knowledge, horse judging, team problems

**Horse Judging** Place classes based on conformation and give oral reasons defending your placings

**Quiz Bowl** A fast-paced question and answer team

**Communications** Public speaking, demonstrations or illustrated talks (Entries for Communications Team send a video of their presentation to Kate Slattery, postmarked by May 30)

Tryouts for these teams will be held on **Tuesday, May 20 6:00 to 8:00 pm** via video conference.

There will be a short study session before the tryouts. 4-Hers must be 14 years of age as of January 1, 2008 to try out.

Locations for the video conference Tryouts are:

Cape Elizabeth High School Houlton High

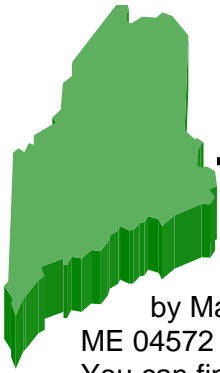
Gardiner High Mt. Blue High, Farmington

Nokomis High, Newport Oxford Hills Comprehensive High School, South Paris

Presque Isle High School Searsport District High School

Pre-registration for Tryouts is encouraged. You can find the pre-registration form and more information on the 4-H website at [www.umext.maine.edu/4h/resources/horse.htm](http://www.umext.maine.edu/4h/resources/horse.htm) or contact Kate Slattery at [slatterk@sad44.org](mailto:slatterk@sad44.org) 836-3217 for more information. Junior teams will be starting this year.





# Maine State 4-H News

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## 7. Horse Tryouts for Eastern States

The Eastern States tryouts for the horse team will be held June 20, 21, and 22, 2008 at the Skowhegan Fairgrounds. Maine 4-Hers who are trying out must have their packet postmarked by May 10, 2008 and sent to Knox/Lincoln Cooperative Extension, 377 Manktown Road, Waldoboro, ME 04572

You can find the packet at [www.umext.maine.edu/4h/resources/horse.htm](http://www.umext.maine.edu/4h/resources/horse.htm) Members who cannot access the packet on the website can contact their county Cooperative Extension Office for a packet.

## 8. Market Lambs for Windsor and Fryeburg Fairs

You are no longer required to send an Intent to Participate Form for Market Lambs being shown at Windsor and Fryeburg Fairs, however, if you are planning to show at these fairs, you still need an Approval Form and to have your lambs tagged. There are four lamb tagging sites this year and bringing your lamb to one of them for tagging will constitute your intent to participate. When your animal is tagged, you will be given an Approval Form that must be signed and embossed by your county educator or professional. The deadline is June 30.

### Tagging Sites:

May 17 NE Livestock Expo, Windsor Fairgrounds, tagging will start after the sale in the sheep barn.  
June 7 Franklin County 4-H June Jamboree, Farmington Fairgrounds, 9 to 10 am  
June 7 Cumberland County 4-H June Jamboree, Cumberland Fairgrounds, 12noon  
June 21 Oxford County 4-H June Sheep Jamboree, Oxford Fairgrounds 9:00 to 11 am

## 9. 2008 Summer GIS Camps – this Year in Northern and Western Maine

Northern Maine 4-H GIS Camp @ *Greenland Pont Center in Princeton, ME, July 20-23*

Western Maine 4-H GIS Camp @ *Bryant Pond Conservation Center July 6-8*

Ages 12-15 and Program aides ages 16-18 – see below

Maine 4-H and the 4-H Science, Engineering, and Technology Program Team are excited to announce that there will be two GIS (Geographic Information Systems) Community Mapping Camps this summer. These camps provide hands-on experience with GPS (Global Positioning System) data collection and GIS mapping software for campers ages 12-15. Participants will use their new skills to do a community service mapping project for the camp site. In addition, campers will be able to participate in many of the conservation activities offered such as swimming and boating, games, and campfires.

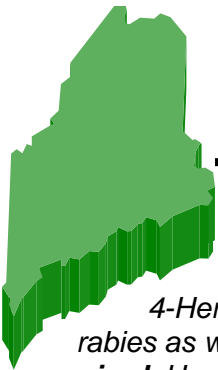
The Northern Maine 4-H GIS Camp will be held at the *Greenland Pont Center in Princeton, Maine, July 20-23*. Campers will be mapping new recreational and interpretative trails and having an opportunity to work with forestry and wildlife professionals. Cost of the camp is \$75.00. There will be a conservation camp running at the same time so campers will also get to take part in some of those activities. GIS campers have also been invited to remain at the Greenland Point Center conservation camp for the rest of the week for an additional \$100. For more information on this camp, call Christy Fitzpatrick at the Houlton Extension office at 532-6548 or 1-800-287-1469 or email her at [cfitz@umext.maine.edu](mailto:cfitz@umext.maine.edu). The registration form will be posted on the Aroostook County 4-H website in early April and can also be mailed to you by calling to Houlton Office.

The western Maine 4-H GIS Camp will be held at the Bryant Pond Conservation Center July 6-8.

Information about the program and costs will be available soon. For more information about this camp, contact Susan Jennings at the Oxford County.

*Important news for 16-18 year olds with GPS/GIS experience - both camps are looking for up to four program aides to help with the GPS and GIS work and other camp chores. If you would like to apply to be a program aide, please contact either Christy or Susan as soon as possible. Program aides will get to participate in all of the activities, but will get to come to camp for a reduced fee. For Greenland Point, the fee will be \$45.*





# Maine State 4-H News

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## 10. Horse Vaccination Requirement

The University of Maine Cooperative Extension will require certain vaccinations for horses who participate in 4-H events during the 2008 season:

*4-Hers attending 4-H horse events in 2008 must provide proof of current, annual vaccination for rabies as well as a current Coggins test done by a veterinarian. EVH-1 and Equine Influenza are also required. Horse owners may, however, administer their own EVH-1 and Equine Influenza inoculations and a sales receipt will be sufficient evidence for proof of vaccination." EVH-1 and Equine Influenza are considered effective for six months. Plan the timing of your inoculations with your last event in mind.* If you have any questions about this requirement, please contact your county Extension office or you can call the State 4-H Office at 1-800-287-0274.

## 11. 4-H Day at the Skowhegan State Fair

Somerset County 4-H Leaders Association invites any 4-H Club or 4-H Member to take part in the 6th Annual 4-H Day at the Skowhegan State Fair on Sunday, August 10th, 2008. This special day will begin with a parade around the racetrack with line-up beginning at 11:30 AM. The parade can include floats, club members, led or ridden animals, etc. Anyone taking part in the parade will be admitted free on 4-H Day. Livestock demonstrations will begin at 1:00 PM.

If you would like to participate in this event, please contact the Somerset County Extension Office, 4-H Secretary, Johanna Cliff, to receive the necessary paperwork and contact information, (207) 474-9622 or [jcliff@umext.maine.edu](mailto:jcliff@umext.maine.edu) Hope to see you there.

## 12. 2008 Northeast Livestock Expo Events

If you are a sheep enthusiast of any age, lamb producer or love to eat lamb, mark your calendars and plan to attend the second annual Northeast Livestock Expo (NELE). NELE is a multi-species event that includes shows, sales, youth activities and cook-offs for beef, goat and of course lamb. NELE is held May 16-18 at the Windsor Fairgrounds.

The activities include:

American Lamb Board Cook-Off

Purebred, Feeder Lamb and 4-H Market Lamb Show and Sale

Youth Show and Activities

For more information or to receive entry forms, please contact Wendy Reinemann at (207) 785-2978, or by email at [guiniridge@gmail.com](mailto:guiniridge@gmail.com) or by visiting the website at [www.northeastlivestockexpo.com](http://www.northeastlivestockexpo.com)

## 13. Clover Country: Songs from Famous 4-H Alumni

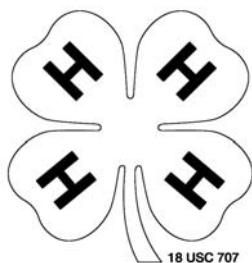
Lots of 4-H members grow up to have famous important jobs – astronaut, congressman, and the like. But some 4-H members grow up to be *country music stars!* National 4-H Council has partnered with EMI Music to create "*Clover Country: Songs from Famous 4-H Alumni*"—the first-of-its-kind country music CD featuring famous 4-H alumni. *Clover Country* features Grammy-winning song writer, Hillary Lindsey's "The Clown," which Lindsey exclusively recorded for the album as well as hit songs from country music mega stars and 4-H alumni Sugarland, Dolly Parton, Reba McEntire, Martina McBride, Faith Hill, Vince Gill, Johnny Cash, Glen Campbell, Luke Bryan and Alabama. Best of all, every time someone from Maine buys a CD from the 4-H mall, a portion of the sale goes to our Maine 4-H program.

To order, go to <http://www.4-hmall.org/clovercountrycd.aspx>



# 4-H Happenings

*An informational source for 4-H leaders in Hancock and Washington Counties*



Greetings to all the Washington County 4-H volunteers~

For the past six months, I have been deeply immersed in learning more about volunteer development. The experience was enriching and rewarding to say the least.

During my time away, I had the opportunity to:

- visit all 50 state 4-H web sites and explore what they offer for volunteers in terms of web-based training. As a result, I have started to develop some recommendations for the Maine 4H program in terms of how we might be able to better meet the needs of our volunteers in the areas of orientation and training.
- travel to Spokane, WA where I participated in a week-long course on volunteer management. During this week, I was able to work with colleagues from the Nebraska 4-H program, Nancy MacDuff and Connie Pirtle, two top volunteerism experts in the country, and two colleagues from Washington State University Extension who have designed an on-line training course for both volunteer managers and 4-H volunteers.
- work with Barbara Stone, National Program Leader at 4-H Headquarters on a national strategy around 4-H Volunteerism. I will be traveling to Indianapolis in September to co-present this project.
- start working on a year long project to earn my Certification in Volunteer Administration.

The work that I did during the past six months solidified my feelings that our 4-H volunteers are really and truly the heart of our 4-H program. If in my role as the Extension Educator I can provide the support to volunteers, whether that be in terms of providing training, finding resources, interpreting policy or research, making sure both our youth and volunteers are safe, and empowering volunteers to develop and use their leadership skills to create activities, events, experiences and opportunities for the youth, then I will have done my job so that you can do yours, which is to make a positive impact on the youth in our program.

Thank you to each and every one of you for the contributions you make to the 4-H program. I am excited to be returning and I will look forward to reconnecting with you in the coming weeks.

Warmly,

Jen



**Jen Lobley**

4-H Youth Development Educator  
for:  
Hancock & Washington Counties  
jlobley@umext.maine.edu

**Washington County Office**

34 Center Street  
Machias, ME 04654  
Phone: 1-800-287-1542  
207-255-3345  
FAX: 207-255-6118

**Colleen Brown, 4-H Aide**

cbrown@umext.maine.edu

**Tara Wood, Support Staff**

twood@umext.maine.edu

**Washington County 4-H Webpage**

<http://www.umext.maine.edu/Washington/washington4-H.htm>



**Maine 4-H Youth  
Development Mission**

To educate and empower Maine youth through hands-on and community-based experiences.

**Maine 4-H Youth  
Development Vision**

Maine youth acquire the knowledge, life skills, leadership abilities and attitudes to help them succeed now and in the future through effective collaborations, hands-on experiential education and self-directed learning.

**“To Make the  
Best Better”**

**“Learn by  
Doing”**

# Cooking with the Kids

## Apple Carrot Salad

**Ingredients:**

- 1 cup shredded carrot
- 3 (medium) unpared and diced apples
- 1 Tbsp lemon juice
- 1/2 cup raisins
- 1/3 cup low-fat mayonnaise



**Directions:**

Combine all ingredients. Chill thoroughly. Serve on salad greens.

Recipe Courtesy of Fruits & Veggies Matter:

<http://www.fruitsandveggiesmatter.gov/>



Cooperative Extension, U.S. Dept. of Agri.  
University of Maine, 5741 Libby Hall  
Orono, Maine 04469-5741  
OFFICIAL BUSINESS



Telecommunication Device for the Deaf (TDD) Phone Numbers 1-800-287-8957.

If you are a person with a disability and will need any accommodations to participate in any programs, please call the Hancock County Office at 1-800-287-1479 or Washington County Extension Office at 1-800-287-1542 to discuss your needs. Please contact us at least 20 days prior to the event to assure the fullest possible attention to your needs.

University of Maine Nondiscrimination Statement

In complying with the letter and spirit of applicable laws and in pursuing its own goals for diversity, the University of Maine system shall not discriminate on the grounds of race, color, religion, sex, sexual orientation, national origin, or citizenship status, age, disability or veterans status in employment, education, and all other areas of the University. The University provides reasonable accommodations to qualified individuals with disabilities upon request. Questions and complaints about discrimination in any area of the University should be directed to the Director of Equal Employment Opportunities, 101 North Stevens, (207)581-1226.



## 4-H Tanglewood Camp Scholarships Available



What are YOU doing this summer?

Ten \$100 scholarships will be awarded to Washington County 4-H members who are interested in attending the Tanglewood 4-H Camp.

Tanglewood 4-H summer camp, located in Lincolnville, is a place for young people to get outside, unplugged, and back to the BEST things in life- friendships, fresh air, discovering, self-confidence and a sense of belonging. Go to [www.tanglewood4h.org](http://www.tanglewood4h.org) to check out the different camp sessions that are available.

How do you apply for the scholarship? Please return the application below to the office at 34 Center Street, Machias, ME 04654.

All applications must be received in the Extension office no later than **Monday, May 26.**

Questions? Call Jen Loble, 4-H Extension Educator at 1-800-287-1542 or email [jlobley@umext.maine.edu](mailto:jlobley@umext.maine.edu).

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**4-H Tanglewood Camp Scholarship Application**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Have you ever attended an overnight camp before? If so, which one?

Write a paragraph telling us why you want to go to camp Tanglewood this summer. Please use the back if necessary.